

If Idahoans had to eat all the food products grown in our state, every day every man, woman, and child would have to eat and drink:

34 glasses of milk



4 quarter pound hamburgers

53 potatoes



249 slices of bread

Do you eat your share?

Helping Feed the World....

Idaho produces 144 different commodities and is ranked in the top 10 in the nation for 38 different crops and livestock. Nearly 1/3 of Idaho's agricultural production is exported to foreign markets including Japan, Canada, and China.

Here are Idaho's top 12 commodities based on dollar value of production:

1. Milk
2. Cattle for Beef
3. Potatoes
4. Wheat
5. Hay
6. Sugarbeets
7. Barley
8. Greenhouse/nursery plants
9. Onions
10. Trout
11. Dry Beans
12. Sheep

Celebrate a Healthy Harvest with Foods from Idaho



Did you know....

- ☺ The 2005 Dietary Guidelines recommend eating each day:
 - ⇒ 2 cups (4 servings) of fruit and
 - ⇒ 2 1/2 cups (5 servings) of vegetables
- ☺ 81% of Idaho school students consume less than the recommended 5-9 servings of fruit and vegetables per day
- ☺ Of the 5-9 servings it is recommended that you eat fruits and vegetables in a variety of colors:
Blue/purple Green White Yellow/orange Red
(Can you find at least one fruit or vegetable of each color on the map on the front page?)
- ☺ Eating a wide variety of color provides many of the vitamins, minerals, fiber and other important nutrients your body needs to stay healthy and active!



Look for
"The Pick of the Crop From Idaho"
In your school cafeteria!

